

Club Northwest Spring Break Open - 3/28/2009  
King's High School, Shoreline, WA  
Results

Event 2 Men 3000 Meter Run

Name	Year School	Finals
Finals		
1 Medhaug, Blake	Unattached	8:50.32
2 Barkhaus, Erik	Seattle U.	8:54.52
3 Heitzinger, Hans	Seattle U.	9:00.80
4 McClement, Matthew	Seattle U.	9:00.83
5 Roach, James	Unattached	9:03.17
6 Kollgaard, Adam	Seattle U.	9:09.02
7 Hashimoto, Jeff	Club Northwest	9:13.30
8 Van Nuland, Michael	Seattle U.	9:19.85
9 Lance, Jordan	Seattle Pacific	9:23.08
10 Jenkins, Cory	Pac Elite	9:25.28
11 Adams, Alec	Seattle U.	9:30.98
12 Hamilton, Andrew	Seattle Pacific	9:37.50
13 Bone, Eric	Club Northwest	9:45.06
14 O'Hearn, John	Club Northwest	9:45.94
15 Croutworst, Alex	Northwest	9:56.84
16 Aitounejjar, Mouhcine	Unattached	10:00.38
17 Luce, Tyler	Evergreen	10:15.06
18 Riordan, Ruben	Federal Way TC	10:16.15
19 Pace, Nicholas	Evergreen	10:20.67
20 Allison, Michael	Club Northwest	10:35.49
21 Kunkle, Karl	Club Northwest	10:46.23

Event 3 Women 5000 Meter Run

Name	Year School	Finals
1 Carlyle, Laura	Pac Elite	17:32.94
2 McDevitt, Janet	Unattached	19:17.55
3 Fraser, Alice	Unattached	19:39.35
4 Neal, Michelle	Club Northwest	19:58.98
5 Costigan, Jessica	Everett CC	20:41.09
6 McGill, Krissy	Everett CC	20:55.82
7 Cotterill, Lacey	Everett CC	21:16.38
8 Hanscom, Margaret	Seattle Pacific	21:36.33
9 Whipple, Kelsey	Everett CC	21:46.11
10 Baker, Emily	Evergreen	22:21.58

Event 4 Men 4x100 Meter Relay

School	Finals
1 Seattle University 'A'	46.41
1) Benjamin, D'Andre	2) Martinez, Jude
3) Odoemene, Udoka	4) Smith Fraser, Jabari
5) Jaros, Ty	6)

Event 5 Women 4x100 Meter Relay

School	Finals
1 Northwest University 'A'	53.82
1) Prause, Shayna	2) Miller, Chelsea
3) Campbell, Katie	4) Harris, Rachael

Event 6 Men 1500 Meter Run

Name	Year School	Finals
1 Sleight, Nathanael	Seattle Pacific	4:09.83
2 Messiter, Sean	Club Northwest	4:10.37
3 Winger, Rustin	Seattle U.	4:12.59
4 Auld, Dan	Seattle U.	4:15.78
5 Hart, Tyler	Northwest	4:18.42
6 Nodine, Matt	Pac Elite	4:19.12
7 Santos, Matt	Western Wash.	4:19.14
8 Sosa, Frank	Skagit Valley TC	4:19.23
9 Rockwell, Liam	Evergreen	4:19.84
10 Riordan, Ruben	Federal Way TC	4:20.86
11 Estrada, Hector	Seattle U.	4:21.33
12 Barnes, Clayton	Unattached	4:28.16
13 Wanger, Andy	Unattached	4:33.24
14 Mellenberger, Daniel	Unattached	4:41.96
15 Wahlenmaier, Jacob	Everett CC	5:17.00

Event 7 Women 1500 Meter Run

Name	Year School	Finals
1 Wetzel, Rose	Club Northwest	4:46.86
2 Hamann, Jen	Seattle U.	4:58.65
3 Steen, Karen	Club Northwest	5:00.03
4 Prather, Allison	Seattle U.	5:03.55
5 Carlson, Karissa	Evergreen	5:04.59
6 Casillas, Ana	Unattached	5:06.17
7 Wagner, Lindsey	Northwest	5:09.10
8 DeLapp, Paige	Northwest	5:10.87
9 Brager, Amanda	Everett CC	5:16.70
10 Peterson, Britta	Evergreen	5:17.41
11 Carter, Brenda	Eastside Runners	5:18.93
12 Minor, Jolene	Everett CC	5:32.83

Event 8 Men 110 Meter Hurdles

Name	Year School	Finals	H#
1 Freeman, Josh	Club Northwest	15.73	2
2 Roberson, Matthew	Unattached	15.86	2
3 Gray, Andrew	Western Wash.	16.37	2
4 Waltman, Jason	Northwest	16.51	2
5 Martinez, Jude	Seattle U.	17.06	1
6 Wargo, Ben	Western Wash.	17.09	2
7 Sweeney, Devlin	Seattle U.	17.22	1
8 Poshusta, Robert	Seattle U.	17.70	2
9 Roberson, Vic	Unattached	18.22	1

Event 9 Women 100 Meter Hurdles

Name	Year School	Finals
1 Howe, Michelle	Western Wash.	15.13
2 Tetzlaff, Toni	Seattle U.	17.54
3 Prause, Shayna	Northwest	17.77
4 Campbell, Katie	Northwest	20.32

Event 10 Men 400 Meter Dash

Name	Year School	Finals	H#
1 Myhre, Kevin	Western Wash.	51.19	2
2 Lara, Ryan	Evergreen	51.53	2
3 Wargo, Ben	Western Wash.	51.85	2
4 Walker, Sean	Unattached	52.16	2
5 David, Toby	Western Wash.	53.01	1
6 Lara, John	Unattached	53.81	1
7 Smith Fraser, Jabari	Seattle U.	54.19	1
8 Sosa, Frank	Skagit Valley TC	54.90	2
9 McCallister, Zach	Unattached	57.49	2
10 Lawrence, Justin	Unattached	1:02.94	1

Event 11 Women 400 Meter Dash

Name	Year School	Finals
1 Brown, Nhautrey	High Voltage TC	1:06.97

Event 12 Men 100 Meter Dash

Name	Year School	Finals	H#
1 Tilley, Alex	Western Wash.	11.09	2
2 Reed, Jimmy	Northwest	11.26	2
3 Gruger, Shane	Western Wash.	11.32	2
4 Bennett, Phillip	Unattached	11.52	2
4 Villanueva, Phillip	Western Wash.	11.52	2
6 Miura, Joey	Western Wash.	11.55	2
7 Glover, Travis	Unattached	11.75	2
8 Dye, Alex	Western Wash.	12.10	1
9 Morales, Gabe	Unattached	12.12	2
10 Shoemaker, Jason	Evergreen	12.38	1
11 Combs-Bachmann, Alex	Evergreen	12.56	1
12 Roberson, Vic	Unattached	12.72	1
13 Copeland, Scott	Barron Park Stri	12.99	1
14 damasco, Raymond	Unattached	13.11	1
15 Turock, Art	Unattached	14.32	1
16 Vergin, Roger	Unattached	16.63	1

Event 13 Women 100 Meter Dash

Name	Year School	Finals
1 Lout, Alyssa	Seattle U.	13.15
2 Miller, Chelsea	Northwest	13.16

3	Purcell, Rachel	Seattle U.	13.40
4	Howe, Michelle	Western Wash.	13.54

Event 14 Men 800 Meter Run

Name	Year School	Finals	H#
1 Ramirez, Douglas	Pac Elite	1:57.11	2
2 Seely, Nathan	Pac Elite	1:59.02	2
3 Auld, Chris	Seattle U.	2:01.23	2
4 Miller, Graham	Seattle U.	2:01.97	2
5 Wahlenmaier, Jacob	Everett CC	2:06.04	2
6 Trowbridge, Seth	Everett CC	2:07.04	1
7 Rockwell, Liam	Evergreen	2:07.21	2
8 Sleight, Nathanael	Seattle Pacific	2:07.42	2
9 Messiter, Sean	Club Northwest	2:07.86	1
10 Sosa, Frank	Skagit Valley TC	2:08.10	2
11 DeLong, Matt	Club Northwest	2:11.72	1
12 Duchaine, Brian	Unattached	2:13.33	1
13 Warren, Andy	Everett CC	2:13.66	1
14 Young, Jason	Unattached	2:13.71	1
15 Huynh, Paul	Unattached	2:20.75	1
16 Lawrence, Justin	Unattached	2:32.71	1

Event 15 Women 800 Meter Run

Name	Year School	Finals
1 Cassidy, Celeste	Seattle U.	2:28.03
2 Brager, Amanda	Everett CC	2:31.46
3 Prause, Shayna	Northwest	2:32.50
4 Waters, Nicole	Seattle U.	2:32.92
5 Harris, Rachael	Northwest	2:35.61
6 Farah, Lindsey	Evergreen	2:37.41
7 Miller, Kendra	Western Wash.	2:38.16
8 Campbell, Katie	Northwest	2:39.76
9 Grambo, Heather	Pac Elite	2:49.85

Event 16 Men 400 Meter Hurdles

Name	Year School	Finals	H#
1 Roberson, Matthew	Unattached	55.35	1
2 Myhre, Kevin	Western Wash.	55.43	1
3 Villanueva, Phillip	Western Wash.	56.66	1
4 Walker, Sean	Unattached	56.93	1
5 Wargo, Ben	Western Wash.	57.94	1
6 Morales, Gabe	Unattached	58.15	1
7 Poshusta, Robert	Seattle U.	1:02.70	2
8 Roberson, Vic	Unattached	1:03.46	2
9 Lara, John	Unattached	1:07.11	2

Event 17 Women 400 Meter Hurdles

Name	Year School	Finals
1 Howe, Michelle	Western Wash.	1:07.96

2	Bradford, Crystal	Club Northwest	1:10.80
3	Brown, Nhautrey	High Voltage TC	1:22.13

Event 18 Men 200 Meter Dash

	Name	Year School	Finals	H#
1	Reed, Jimmy	Northwest	22.82	3
2	Tilley, Alex	Western Wash.	22.95	1
3	Bennett, Phillip	Unattached	22.99	3
4	Gruger, Shane	Western Wash.	23.19	3
5	Villanueva, Phillip	Western Wash.	23.52	3
6	Miura, Joey	Western Wash.	23.79	3
7	Lara, Ryan	Evergreen	23.92	3
8	Martinez, Jude	Seattle U.	24.13	3
9	David, Toby	Western Wash.	24.27	3
10	Dye, Alex	Western Wash.	24.57	2
11	Waller, Michael	Unattached	25.04	1
12	Peters, Greg	Northwest	25.12	2
13	Combs-Bachmann, Alex	Evergreen	25.17	2
14	Waltman, Jason	Northwest	25.21	2
15	Shoemaker, Jason	Evergreen	25.26	2
16	Paez, Michale	Skagit Valley TC	26.14	2
17	Duchaine, Brian	Unattached	26.78	1
18	Copeland, Scott	Barron Park Stri	27.04	2
19	damasco, Raymond	Unattached	27.95	1
20	Inoue, Tat	Skagit Valley TC	28.56	2
21	Turock, Art	Unattached	30.94	1

Event 19 Women 200 Meter Dash

	Name	Year School	Finals
1	Wolf, Elizabeth	Seattle U.	27.06
2	Miller, Chelsea	Northwest	27.21
3	Lout, Alyssa	Seattle U.	27.64
4	Howe, Michelle	Western Wash.	27.89
5	Bradford, Crystal	Club Northwest	28.57

Event 20 Men 5000 Meter Run

	Name	Year School	Finals
1	Gray, Joe	Club Northwest	14:29.83
2	Timeus, John	Club Northwest	14:35.42
3	Brill, Eric	Western Wash.	15:14.88
4	Kohler, Leif	Club Northwest	15:51.13
5	Cameron, Will	Unattached	15:55.14
6	Jenkins, Cory	Pac Elite	15:57.26
7	Primrose, Andrew	Club Northwest	16:00.24
8	Elias, Mitch	Everett CC	16:07.01
9	Heitzinger, Nathan	Unattached	16:11.62
10	Hamilton, Daniel	Seattle Pacific	16:17.57
11	McConnell, Jason	Unattached	16:20.00
12	Adams, Travis	Eastside Runners	16:28.86
13	Tandler, Winslow	Unattached	16:31.36
14	Ramirez, Douglas	Pac Elite	16:46.08

15 McGinnis, Kevin	Club Northwest	17:03.48
16 Mellenberger, Daniel	Unattached	17:30.39
17 Brashers, Preston	Unattached	17:36.17
18 Huynh, Paul	Unattached	17:39.05
19 Luce, Tyler	Evergreen	17:41.27

Event 21 Women 3000 Meter Run

Name	Year School	Finals
1 Carlyle, Laura	Pac Elite	10:29.01
2 Williams, Mary	Seattle Pacific	10:47.26
3 Krepel, Kayti	Seattle Pacific	10:53.37
4 Cadelinia, Rhiannon	Seattle U.	10:56.51
5 Bolce, Sarah	Seattle U.	10:57.51
6 Yorkston, Rachel	Seattle U.	11:01.50
7 Casillas, Ana	Unattached	11:08.09
8 Innes, Jennifer	Seattle U.	11:27.64
9 Peterson, Britta	Evergreen	11:38.43
10 Kratz, Caroline	Western Wash.	11:49.63
11 Hunter, Tiffany	Seattle U.	12:04.64

Event 22 Men 4x400 Meter Relay

School	Finals
1 Western Washington University 'A'	3:31.67
1) Wargo, Ben	2) Villanueva, Phillip
3) David, Toby	4) Myhre, Kevin
2 Seattle University 'A'	3:42.32
1) Martinez, Jude	2) Miller, Graham
3) Poshusta, Robert	4) Winger, Rustin
5) Auld, Dan	6) Smith Fraser, Jabari
3 Unattached 'A'	3:59.13

Event 23 Women 4x400 Meter Relay

School	Finals
1 Seattle University 'A'	4:12.03
1) Cabebe, Courtney	2) Purcell, Rachel
3) Wolf, Elizabeth	4) Lout, Alyssa
5) Obradovich, Clare	6)
2 Northwest University 'A'	4:32.20
1) Campbell, Katie	2) Prause, Shayna
3) Wagner, Lindsey	4) DeLapp, Paige

Event 24 Men High Jump

Name	Year School	Finals
1 Sweeney, Devlin	Seattle U.	1.65m
2 Martinez, Jude	Seattle U.	1.55m
2 McMaster, Dwight	Club Northwest	1.55m

Event 25 Women High Jump

Name	Year School	Finals
1 Becker, Mara	Seattle U.	1.45m
2 Tetzlaff, Toni	Seattle U.	1.35m

Event 26 Men Pole Vault

Name	Year School	Finals
1 Brown, Ryan	Western Wash.	4.25m
2 Lucke, Bryan	Unattached	3.95m
3 McCoy, Scott	Club Northwest	3.80m

Event 27 Women Pole Vault

Name	Year School	Finals
1 Quick, Jennifer	Western Wash.	3.20m
2 Wessa, Lindsey	Northwest	2.90m
2 Austin, Sydney	Western Wash.	2.90m
2 Cabebe, Courtney	Seattle U.	2.90m
5 Johnson, Ariel	Seattle U.	2.75m
6 Montgomery, Maggie	Club Northwest	2.45m
6 Dulaney, Christin	Club Northwest	2.45m
8 Groff, Megan	Northwest	2.05m

Event 28 Men Long Jump

Name	Year School	Finals
1 Odoemene, Udoka	Seattle U.	5.89m
2 Jaros, Ty	Seattle U.	5.86m
3 Peters, Greg	Northwest	5.48m
4 Sweeney, Devlin	Seattle U.	5.35m
5 Waltman, Jason	Northwest	5.12m
6 Vergin, Roger	Unattached	3.43m

Event 29 Women Long Jump

Name	Year School	Finals
1 Urbany, Becca	Seattle U.	4.41m
2 Squires, Kamala	Seattle U.	4.35m
3 Tetzlaff, Toni	Seattle U.	4.33m
4 Monahan, Clare	Seattle U.	3.97m
5 Harrison, Lily	High Voltage TC	3.80m

Event 30 Men Triple Jump

Name	Year School	Finals
1 Peters, Greg	Northwest	10.81m
2 Vergin, Roger	Unattached	7.23m

Event 31 Women Triple Jump

Name	Year School	Finals
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1	Vielma, Nicole	Washington	10.66m
2	Urbany, Becca	Seattle U.	10.30m
3	Brown, Nhautrey	High Voltage TC	9.32m
4	Squires, Kamala	Seattle U.	9.11m

Event 32 Men Discus Throw

Name	Year	School	Finals
1	Fischer, Tyler	Central Wash.	47.87m
2	Michaelson, Bryant	Western Wash.	41.96m
3	Elder, Ben	Western Wash.	41.84m
4	Moody, Rickey	Club Northwest	40.54m
5	Larson, Neil	Central Wash.	35.46m
6	Harrison, Alex	Western Wash.	34.77m
7	Skogsberg, Nik	Western Wash.	34.75m
8	Neubauer, Lance	Unattached	34.16m
9	Neubauer, Kelley	Unattached	33.87m
10	Waltman, Jason	Northwest	29.43m
11	Fischer, Luke	Northwest	28.99m
12	Nichols, Tyler	Western Wash.	25.62m
13	Hein, Doug	Northwest	23.64m

Event 33 Women Discus Throw

Name	Year	School	Finals
1	Oyetuga, Korede	Washington	38.38m
2	Huse, Erica	Unattached	38.14m
3	Currier, Lindsay	Seattle U.	36.73m
4	Ozog, Anyka	Washington	36.22m
5	Kneip, Cadie	Northwest	31.96m
6	Kneip, Jessica	Northwest	30.00m
7	Valaile, RaeLani	Seattle U.	27.16m
8	Larion, Alisha	Northwest	25.16m

Event 34 Men Javelin Throw

Name	Year	School	Finals
1	Moody, Rickey	Club Northwest	58.71m
2	Erickson, Jason	Unattached	53.83m
3	Harrison, Alex	Western Wash.	48.42m
4	Fischer, Luke	Northwest	46.70m
5	Winters, Josh	Western Wash.	40.31m
6	Petty, Tyler	Northwest	37.73m
7	Larson, Josh	Western Wash.	37.38m
8	Hein, Doug	Northwest	26.45m

Event 35 Women Javelin Throw

Name	Year	School	Finals
1	Prause, Shayna	Northwest	37.78m
2	Smith, Audra	Club Northwest	35.46m
3	Campbell, Katie	Northwest	33.54m



4	Currier, Lindsay	Seattle U.	24.24m
5	Monahan, Clare	Seattle U.	23.65m

Event 36 Men Shot Put

	Name	Year School	Finals
1	Moody, Rickey	Club Northwest	13.96m
2	Fischer, Tyler	Central Wash.	13.95m
3	Anderson, Richard	Washington	13.51m
4	Elder, Ben	Western Wash.	13.45m
5	Neubauer, Lance	Unattached	12.31m
6	Larson, Neil	Central Wash.	11.37m
7	Skogsberg, Nik	Western Wash.	11.31m
8	Waltman, Jason	Northwest	11.27m
9	Nichols, Tyler	Western Wash.	10.41m
10	Roach, Bob	Northwest	9.72m
11	Hein, Doug	Northwest	7.49m

Event 37 Women Shot Put

	Name	Year School	Finals
1	Huse, Erica	Unattached	11.27m
2	Kneip, Jessica	Northwest	10.99m
3	Ozog, Anyka	Washington	9.95m
4	Larion, Alisha	Northwest	9.93m
5	Kneip, Cadie	Northwest	8.83m
6	Valaile, RaeLani	Seattle U.	8.72m